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The Forefront Of The Coping Movement™

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Lookism.net - Aesthetics, Red Pill, and Masculinity Discussion › LMS and Red Pill discussions › Shitty Advice ▼

[\[Looksmax\]](#) The science behind facial developement and how you can alter it

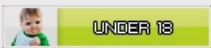
Pages (3): [1](#) [2](#) [3](#) [Next »](#)

[\[Looksmax\]](#) The science behind facial developement and how you can alter it

Thread Modes



SamppaOtt
Senior Member



Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

03-28-2019, 07:42 PM (This post was last modified: 03-29-2019, 05:14 PM by SamppaOtt.)

#1

An attractive face is made with a nutrient dense diet during adolescence.

A dentist called Weston A. Price spent 10 years looking for different isolated tribes around the world.

He noticed the absence of degenerative diseases and crooked teeth. **His most important find was that every single person living on a traditional diet had an attractive, robust, wide face and skull and a very wide palate to fit all teeth. The ones who chose a modern diet started immediately develop crooked teeth and unattractive, narrow downwards grown faces. It didn't and still doesn't have anything to do with genetics.**

So what is a traditional diet you ask. One universal part of every traditional diet is the **nutrient density accomplished by eating a meat heavy diet and especially organs.** The other common factor is that no less than 65% of calories must come from animal foods. Sometimes it was even close to 100%. The point of that is to get vitamins A, D3 and K2. No other food than organs, eggs and fish have the ammount necessary for optimal developement. Supplements are proven not to work on the level food does or at all. And you can't supplement only one vitamin, they are all dependent of eachother. None of them will work in the absence or defieny of even one.

You also need every B vitamin for the fat soluble A, D3 and K2 to work. That means eating tons of meat

No plant food has vitamins: A in the bioavailable form, retinol, B6 (pyridoxal and pyridoxamine), B12, D3, K2, F (essential fatty acids, omega3 etc...). You gotta eat liver or kidneys for the vitamin A. No other food comes even close to the ammount in them. They also contain a lot of K2. For D3 fullbody sunlight exposure in the mid-summer for atleast 2 hours a day and all wild-caught fish. K2 is found in fermented meat or vegetables (no MK-4) and in good quality organs and fat.

Why is modern diet so bad? It's what slaves eat, **carbohydrate heavy lacking almost all nutrition** aka. meat. No one nowadays eats organ meats. **75-90% of calories come from plantfood compared to the 45%-0% on the traditional diets.**

Some pictures of Weston A. Prices book that prove my/his point:

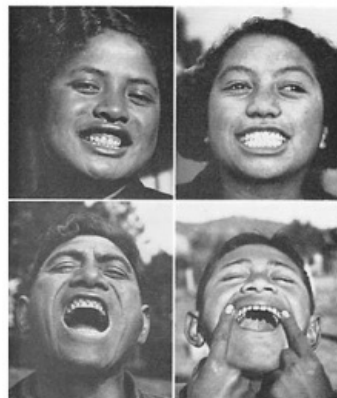
Traditional vs modern

Same genes but different facial developement:



FIG. 36. Note the marked difference in facial and dental arch form of the two Samoan primitives above and the two modernized below. The face bones are underdeveloped below causing a marked constriction of the arches with crowding of the teeth. This is a typical expression of inadequate nutrition of the parents.

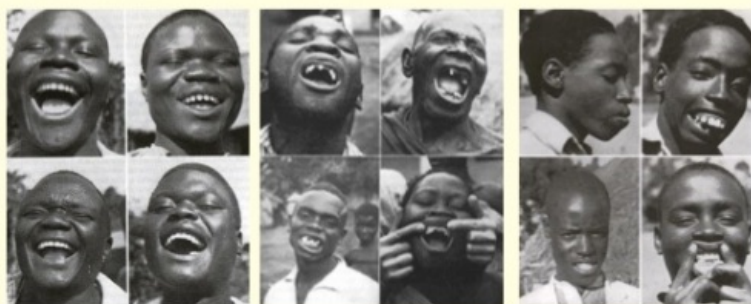
These children were raised on a traditional diet which consisted mainly of fish and shell fish



Compare those children with the white children in New Zealand, eating modern foods like white flour and sugar



Africa



Traditional Diet

Modern Diet

Next Generation
on a Modern Diet

Photographs courtesy of the Price-Pottinger Nutrition Foundation

Australian Aborigines



Traditional Diet

Modern Diet

Next Generation
on a Modern Diet

Wide dental arches,
straight teeth, no cavities,
excellent health.

Rampant tooth decay and
modern diseases.

Narrowed faces,
dental problems, modern
diseases.

Photographs courtesy of the Price-Pottinger Nutrition Foundation

South Pacific



Traditional Diet

Modern Diet

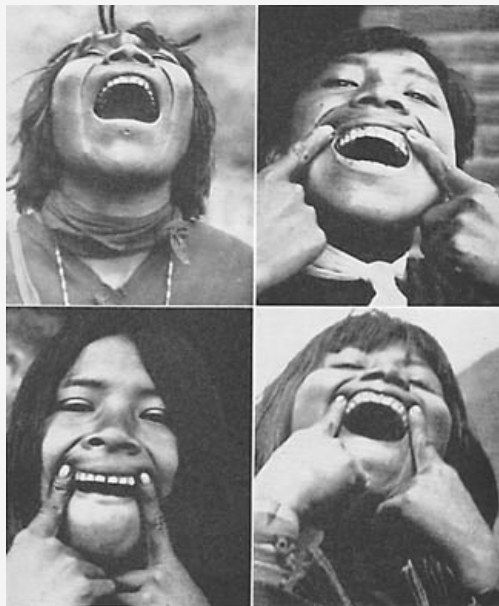
Wide dental arches, straight teeth,
no cavities, excellent health.

Narrowed faces, dental
problems, modern diseases.

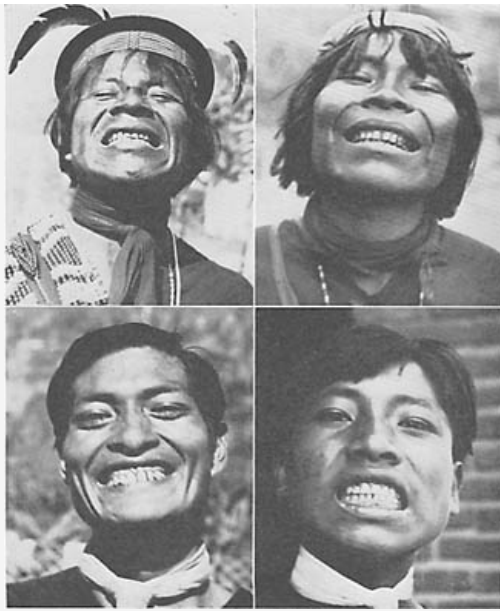
Photographs courtesy of the Price-Pottinger Nutrition Foundation

People on traditional diets:

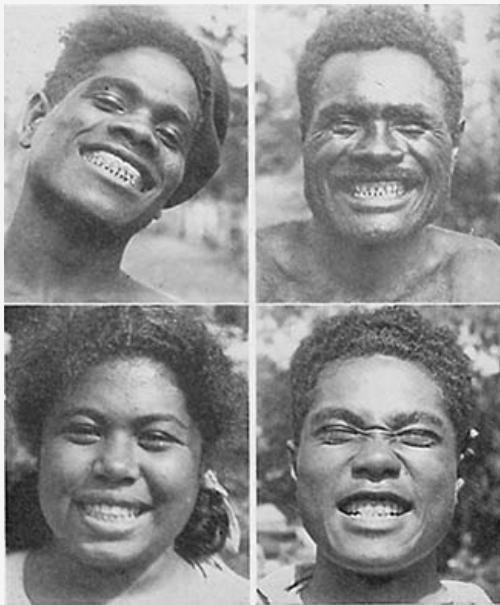
Note the impressive Dental arch formation:



Excellent facial bones:



No incels to be found:

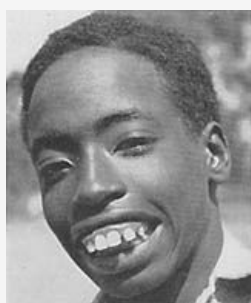


My favourite pic of them all, such a gorgeous woman:



People on modern diets:

Nothing to add



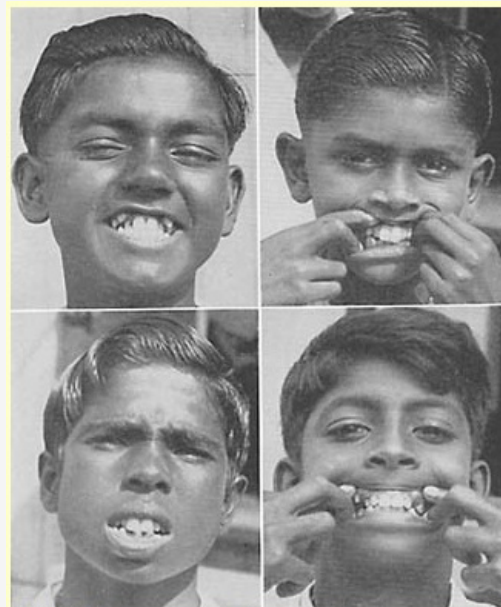
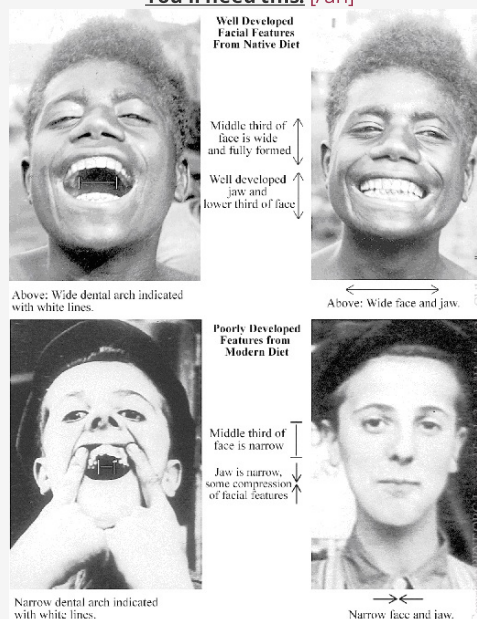


FIG. 45. In the new generations, born after the parents had adopted typical modernized diets of Europeans, there was a marked change in the facial and dental arch forms of the adolescent children. Note the narrowing of the nostrils and dental arches and the crowding of the teeth in these four typical young men.

You'll need this: [\[/url\]](#)



Quote:

Life in all its fullness is mother nature obeyed. -Weston A. Price

**debilitate**

Super Poster



Posts: 1,011
Threads: 132
Joined: Dec 2018
Reputation: **124**
Tinder Matches: Zero
Dates: Zero
Kisses: Zero
Relationships: Zero

03-28-2019, 08:03 PM

#2

too bad their smv is 0
imagine those skulls on a white guy
and aren't you basically telling people to move to africa and hunt animals and eat their organs only? there's a way with modern diets to achieve proper growth tbh

**SamppaOtt**

Senior Member



Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

03-28-2019, 08:15 PM

#3

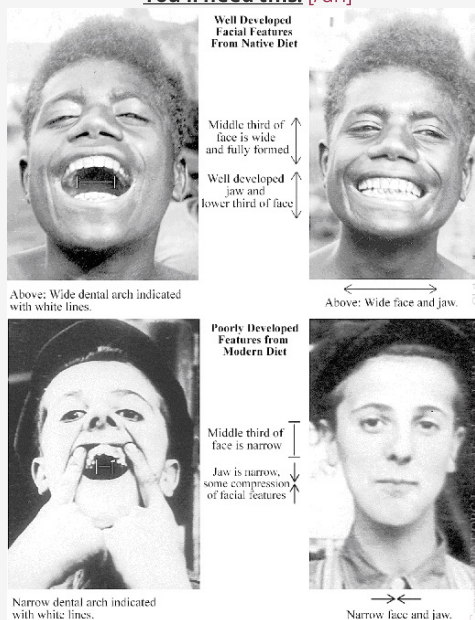
debilitate Wrote: →

(03-28-2019, 08:03 PM)

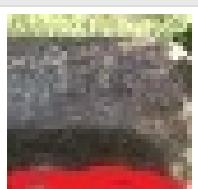
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Well I guess attraction is subjective then. I bet every single of those guys would mog the majority of whites with a few exceptions.

I'm not telling people to go hunt in Africa and eating only organs. If you read my text the native dieats consisted atleast 65% of animal foods and everything was eaten including blood. And of course us whites have different types of skulls. That's common sense. I'm only showing you evidence of the degeneration and its cause.

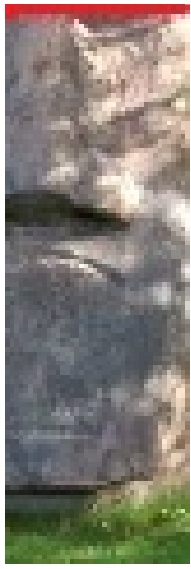
You'll need this: [/url]**Quote:**

Life in all its fullness is mother nature obeyed. -Weston A. Price

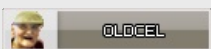


03-28-2019, 08:27 PM

#4



4444 ●
dark triad



Posts: 592
Threads: 65
Joined: Mar 2019
Reputation: 448

Find



Reply



debilitate ●
Super Poster



Posts: 1,011
Threads: 132
Joined: Dec 2018
Reputation: 124
Tinder Matches: Zero
Dates: Zero
Kisses: Zero
Relationships: Zero

Find

03-28-2019, 08:35 PM

#5

SamppaOtt Wrote: →

(03-28-2019, 08:15 PM)

debilitate Wrote: →

(03-28-2019, 08:03 PM)

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they don't mog any whites tbh
they can palate-mog them but whites mog them in every single way, and there's white phenos that genetically have huge jaws.

Reply



SamppaOtt ●
Senior Member



03-28-2019, 08:38 PM (This post was last modified: 03-28-2019, 08:39 PM by SamppaOtt.)

#6

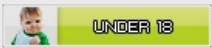
debilitate Wrote: →

(03-28-2019, 08:35 PM)

SamppaOtt Wrote: →

(03-28-2019, 08:15 PM)

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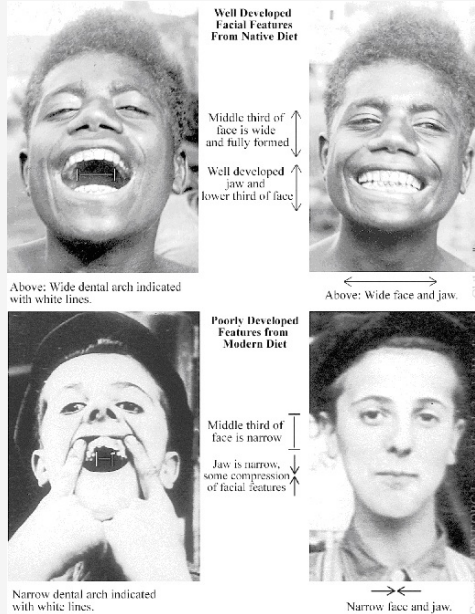
Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
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But think about what whites could achieve on a proper diet then! aka. what I already have and will achieve

You'll need this: [/url]



Quote:

Life in all its fullness is mother nature obeyed. -Weston A. Price

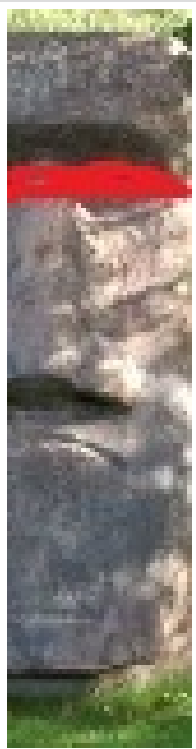
Find

Reply

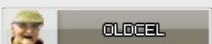
03-28-2019, 08:41 PM

#7

hhh u raise a good point



4444 ●
dark triad



Posts: 592

Threads: 65
Joined: Mar 2019
Reputation: **448**

Find

Reply



debilitate

Super Poster



Posts: 1,011
Threads: 132
Joined: Dec 2018
Reputation: **124**
Tinder Matches: Zero
Dates: Zero
Kisses: Zero
Relationships: Zero

Find

03-28-2019, 08:41 PM

#8

SamppaOtt Wrote: →

(03-28-2019, 08:38 PM)

debilitate Wrote: →

(03-28-2019, 08:35 PM)

they don't mog any whites tbh
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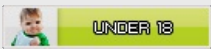
p sure its a retarded theory
if it was true everyone could achieve MM or robustness

Reply



SamppaOtt

Senior Member



Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

03-29-2019, 07:18 AM

#9

debilitate Wrote: →

(03-28-2019, 08:41 PM)

SamppaOtt Wrote: →

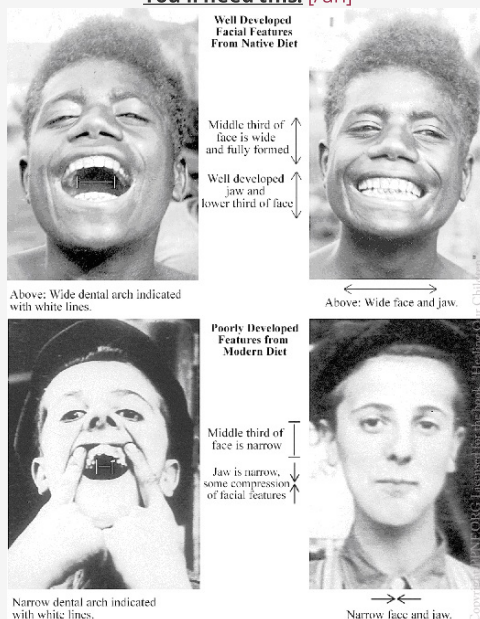
(03-28-2019, 08:38 PM)

But think about what whites could achieve on a proper diet then! aka. what I already have and will achieve

p sure its a retarded theory
if it was true everyone could achieve MM or robustness

First of all why is it retarded when I have proof backing it up and you don't.
Maybe not MM looks but definetly, definetly robustness! No incel to be found if everyone was fed proper food during all stages of adolescence.

You'll need this: [/url]



Quote:

Life in all its fullness is mother nature obeyed. -Weston A. Price

Find

Reply



SamppaOtt
Senior Member



Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

debilitate Wrote:➡

(03-28-2019, 08:41 PM)

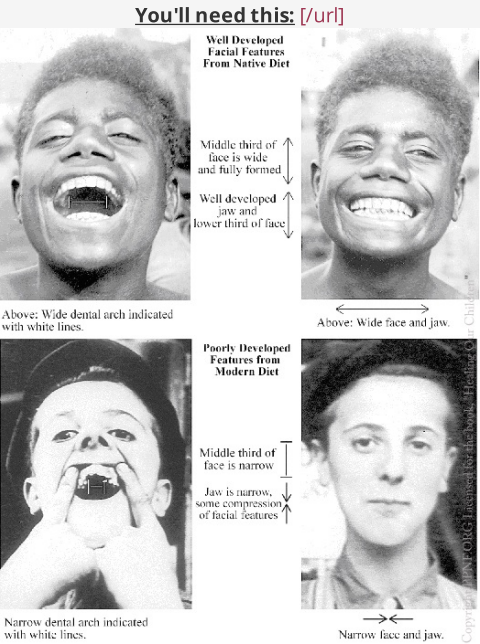
SamppaOtt Wrote:➡

(03-28-2019, 08:38 PM)

But think about what whites could achieve on a proper diet then! aka. what I already have and will achieve

p sure its a retarded theory
if it was true everyone could achieve MM or robustness

Coward! Come and debunk me.



Quote:

Life in all its fullness is mother nature obeyed. -Weston A. Price



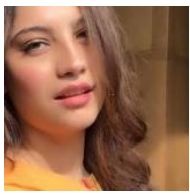
933
Chairman of the Commision



Posts: 6,879
Threads: 757
Joined: Mar 2018
Reputation: **16,800**



Legit as fuck



Damcig
here is your tag

Posts: 1,246
Threads: 116
Joined: Jan 2019

I didn't have a meat based diet which prolly the reason why my jaw is angular

**SayNoToRotting**

Mewing Elite



Posts: 5,594

Threads: 514

Joined: Jan 2019

Reputation: **14,894**

04-05-2019, 01:45 AM (This post was last modified: 04-05-2019, 01:47 AM by SayNoToRotting.)

#13

debilitate Wrote: ➡

(03-28-2019, 08:35 PM)

they don't mog any whites tbh they can palate-mog them but whites mog them in every single way, and there's white phenos that genetically have huge jaws.

If they palate mog them then they also overall mog them, because all important features of the face are reliant on the way our dental arches are formed.

And yes, those people mog whites with bad facial development to the ground



They probably don't have as much SMV as whites becuase ethnics are still seen as animals, but everyone would agree with me that these guys look better than the average white guy with mediocre facial development.

And it's not only about "big jaws", it's about overall facial robustness, ocresthetics are repulsive. It's about having a face like a lion and not like Shrek

legit thread OP, remind me to rep you tomorow when my rep power is back



Find

Reply



Bhunnah
pan faced gook

Posts: 10,145
Threads: 536
Joined: Jan 2019
Kisses: Zero

Find

04-05-2019, 01:57 AM (This post was last modified: 04-05-2019, 01:59 AM by Bhunnah.)

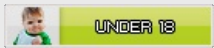
#14

legit thread I ate tons of meat, eggs, fish, and milk since birth and I'm a gigachang taking 1000mg of calcium everyday until puberty ends

Reply



SamppaOtt
Senior Member



Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

04-06-2019, 05:13 PM

#15

SayNoToRotting Wrote: ➡

(04-05-2019, 01:45 AM)

debilitate Wrote: ➡

(03-28-2019, 08:35 PM)

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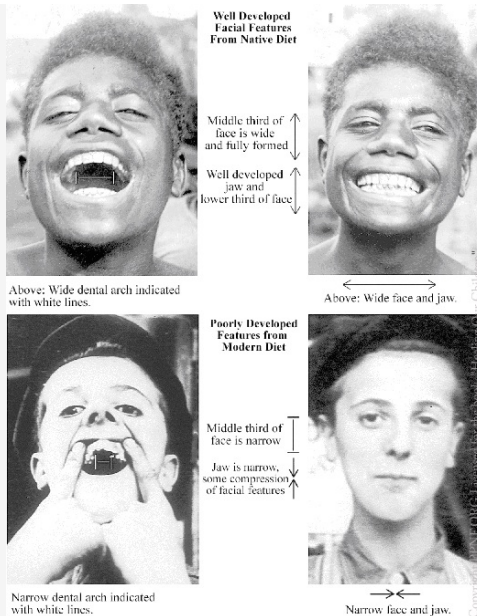
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And it's not only about "big jaws", it's about overall facial robustness, ogrethetics are repulsive. It's about having a face like a lion and not like Shrek

legit thread OP, remind me to rep you tomorrow when my rep power is back

That's one fine looking black fella!

You'll need this: [/url]

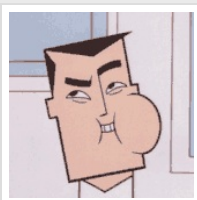


Quote:

Life in all its fullness is mother nature obeyed. -Weston A. Price

Find

Reply



suicidaltendencies

cock sucking fag



HBO MANLET

Posts: 2,866
Threads: 46
Joined: Feb 2019
Reputation: **1,875**
Tinder Matches: Zero
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: Zero

Find

04-21-2019, 11:25 AM

#16

No fucking way. The only thing fuck your face up is mouth breathing. All nose breathers have good looking no matter how their genetics. Diet is coping im telling you.

Reply



SamppaOtt

Senior Member



UNDER 18

Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

04-21-2019, 11:34 AM

#17


suicidaltendencies Wrote: →

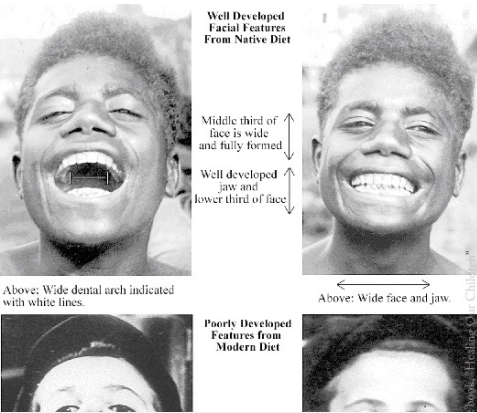
(04-21-2019, 11:25 AM)

No fucking way. The only thing fuck your face up is mouth breathing. All nose breathers have good looking no matter how their genetics. Diet is coping im telling you.

Mother's bad diet during pregnancy causes narrow undeveloped faces and airways. This may cause mouthbreathing in the first place.

You'll need this: [/url]

 Find



Well Developed Facial Features From Native Diet

Middle third of face is wide and fully formed


Well developed jaw and lower third of face

Above: Wide dental arch indicated with white lines.

Above: Wide face and jaw.

Poorly Developed Features from Modern Diet

Photo: The Human Chimp

 Reply

#18



suicidaltendencies

cock sucking fag





Posts: 2,866
Threads: 46
Joined: Feb 2019
Reputation: **1,875**
Tinder Matches: Zero
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: Zero

 Find

04-21-2019, 01:27 PM


SamppaOtt Wrote: → (04-21-2019, 11:34 AM)


suicidaltendencies Wrote: → (04-21-2019, 11:25 AM)

No fucking way. The only thing fuck your face up is mouth breathing. All nose breathers have good looking no matter how their genetics. Diet is coping im telling you.

Mother's bad diet during pregnancy causes narrow undeveloped faces and airways. This may cause mouthbreathing in the first place.


Wrong. People who have deviation septum, nasal polyps etc. are forced to mouth breathing without even noticing it. That's the main reason. Other mouth breathers(habit) only breathes through mouth during day. But when they sleep they automatically breathe through their nose which prevents them from longface, tired eyes syndrome.

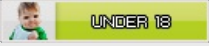
 Reply



SamppaOtt

Senior Member





Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

04-21-2019, 02:31 PM

suicidaltendencies Wrote: → (04-21-2019, 01:27 PM)

SamppaOtt Wrote: → (04-21-2019, 11:34 AM)

Mother's bad diet during pregnancy causes narrow undeveloped faces and airways. This may cause mouthbreathing in the first place.

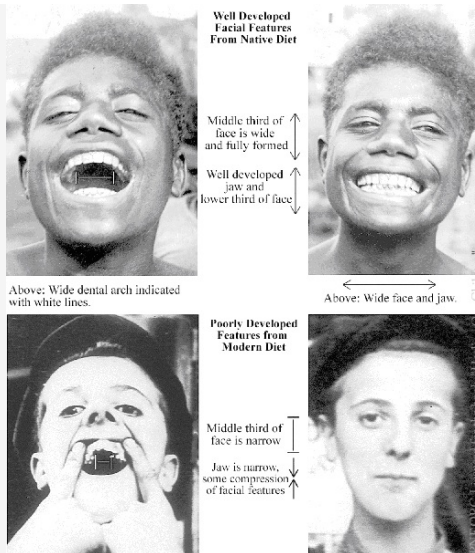
Wrong. People who have deviation septum, nasal polyps etc. are forced to mouth breathing without even noticing it. That's the main reason. Other mouth breathers(habit) only breathes through mouth during day. But when they sleep they automatically breathe through their nose which prevents them from longface, tired eyes syndrome.

A poor diet during pregnancy still causes miscarriages deformities, autism, cancer, tumors, lower birth weight, narrow faces, narrow mouths, narrow airways, generally ugly babies whose survival rate in nature would be low. Bad diet during other adolscent stages causes hard tissue not to develop properly. Also the development of organs suffer greatly too putting the individual in a greater risk of every health complication. A orper diet consisting of animal foods mainly also heal allergies. Healed mine too. And allergies may lead to mouth breathing too since your nose is always blocked. Also deviated septum and polyops are clearly deformities most probably caused by a lack of fat soluble vitamins. Factor A turns on and off gene expression and is needed for cell differentiation. When you're deficient in it will cause deformities. The things you listed above were abcent in indigenous tribes Weston Price visited.

You'll need this: [/url]

Find

Reply



04-21-2019, 02:58 PM

#20

where is the part explaining how an adult can alter their facial development?

Face>(Body/height)>Status>(Location/propinquity)>(Personality/voice)>Money>everything else aka FBSLPM



The mass of men lead lives of quiet desperation
Repeal the 26th Amendment

Reply

Find



OldRooster

Repeal the 26th Amendment

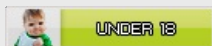


Posts: 6,552
Threads: 256
Joined: Aug 2015
Reputation: **2,061**



SamppaOtt

Senior Member



Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

04-21-2019, 03:09 PM

#21

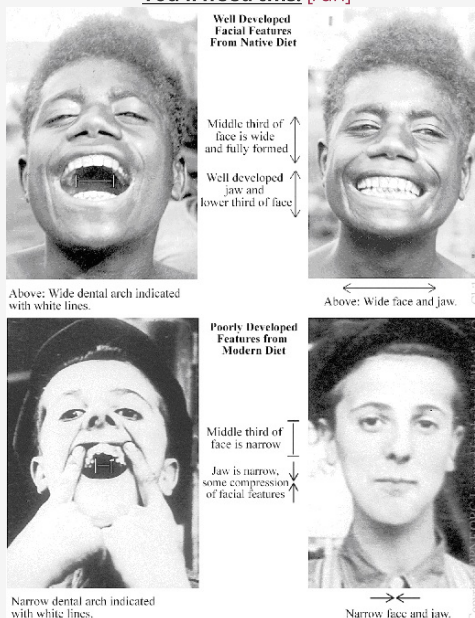
OldRooster Wrote: ➡

(04-21-2019, 02:58 PM)

where is the part explaining how an adult can alter their facial development?

No can do mate... Kinda clickbaty

You'll need this: [/url]



Quote:

Find

Reply



Shitman ●
Member



Posts: 203
Threads: 5
Joined: Jan 2019
Reputation: **50**
Dates: 6
Kisses: 3
Slay Count: Virgin
Relationships: 3

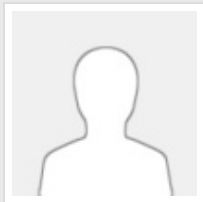
Find

04-21-2019, 03:13 PM

#22

Just mew

Reply



The Big Dipper ●
Member



Posts: 109
Threads: 0
Joined: Jun 2015
Reputation: **645**

Find

04-21-2019, 03:13 PM

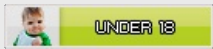
#23

Mike Mew has already explained that Weston Price drew the wrong conclusions. The superior facial development of these people was not due to nutrition but rather to the lack of a soft diet. In other words, they went through life chewing a ton of tough foods.

Reply



SamppaOtt ●
Senior Member



Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

04-21-2019, 03:19 PM

#24

The Big Dipper Wrote: ➡

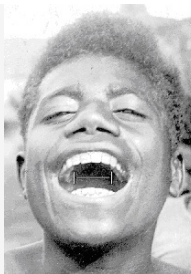
(04-21-2019, 03:13 PM)

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For example Inuits usually never chewed their food. Just cut with a knife and swallowed whole. Still the inuits had splendid facial development. This was a very common practice.

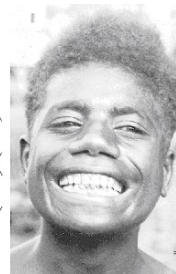
You'll need this: [/url]

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Above: Wide dental arch indicated with white lines.

Well Developed Facial Features From Native Diet



Above: Wide face and jaw.

Reply



SamppaOtt
Senior Member



Posts: 353
Threads: 39
Joined: Feb 2019
Reputation: **794**
Dates: 5
Kisses: 3
Slay Count: 5
Relationships: 1

04-21-2019, 06:51 PM

#25

Unbeatable Wrote: →

(04-21-2019, 05:47 PM)

What you fail to address is that this proves absolutely nothing as this study is bullcrap since theres no evidence. Anyone can pull apart a few older people with a better jaws than a younger people- take pictures- then make monumental claims.

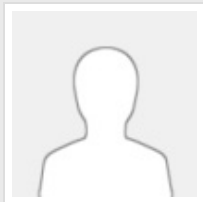
This is not evidence.



GTFIH PROVEN THAT MODERN DIETS ARE BETTER

I suggest you read the book or look into it before discrediting it all in total ignorance

Find



The Big Dipper Member

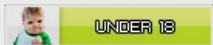


Posts: 109
Threads: 0
Joined: Jun 2015
Reputation: **645**

Find

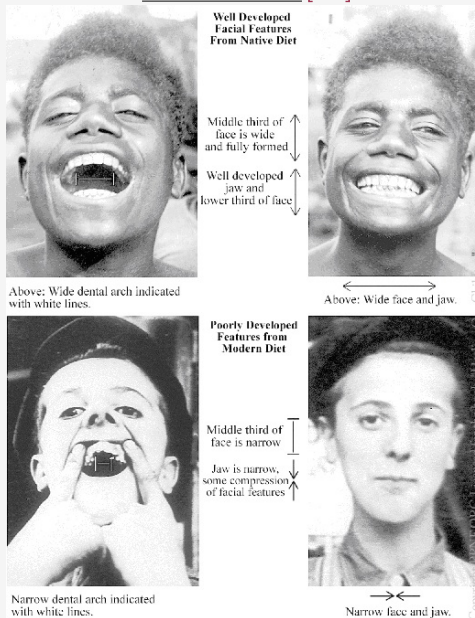


Kingslayer Newbie



Posts: 20
Threads: 0
Joined: Apr 2019
Reputation: **15**

You'll need this: [\[url\]](#)



Quote:

Life in all its fullness is mother nature obeyed. -Weston A. Price

Reply

04-22-2019, 04:55 AM

#26

SamppaOtt Wrote: →

(04-21-2019, 03:19 PM)

The Big Dipper Wrote: →

(04-21-2019, 03:13 PM)

Mike Mew has already explained that Weston Price drew the wrong conclusions. The superior facial development of these people was not due to nutrition but rather to the lack of a soft diet. In other words, they went through life chewing a ton of tough foods.

For example Inuits usually never chewed their food. Just cut with a knife and swallowed whole. Still the inuits had splendid facial development. This was a very common practice.

That's bullshit, they chewed plenty of tough meat. Show me your source claiming they didn't chew food.

Reply

04-22-2019, 04:58 AM (This post was last modified: 04-22-2019, 05:10 AM by Kingslayer.)

#27

its 100% environment

its 100% environment

its 100% environment



Find

Reply

04-22-2019, 07:37 AM

#28

The Big Dipper Wrote: →

(04-22-2019, 04:55 AM)

SamppaOtt Wrote: →

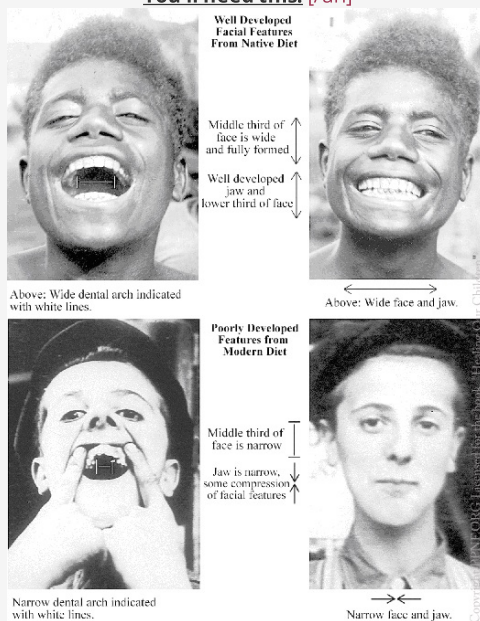
(04-21-2019, 03:19 PM)

For example Inuits usually never chewed their food. Just cut with a knife and swallowed whole. Still the inuits had splendid facial development. This was a very common practice.

That's bullshit, they chewed plenty of tough meat. Show me your source claiming they didn't chew food.

Read "The Fat Of The Land". There it states that and also Weston Price observed the swallowing meat whole thing. They take a piece of meat in there mouth and cut it off from the bigger chunk and then swallow it. And if they were to chew their meat, raw doesn't require almist any chewing. It's incredibly soft and I can tell you that from experience.

You'll need this: [/url]



Quote:

Life in all its fullness is mother nature obeyed. -Weston A. Price

Find

Reply

04-22-2019, 07:39 AM

#29



sultan ●
Member



Posts: 176
Threads: 14
Joined: Feb 2019
Reputation: **-184**



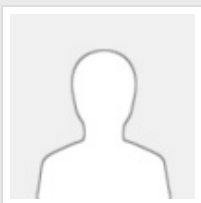
Kingslayer Wrote: ➔

(04-22-2019, 04:58 AM)

its 100% environment

its 100% environment

its 100% environment



elmoggerino ●

90% of people here are sub5



Posts: 4,308
Threads: 83
Joined: Feb 2019
Reputation: **4,326**



05-01-2019, 04:35 PM

#30

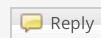
I HAD THE WORST ENVIRONMENT IN THE ENTIRE WORLD



Superking Wrote: ➔

(11-12-2017, 05:01 AM)

A life does not need to be interesting to others, only the person living it. A nobel prize winning researcher is probably having less fun than a chad on vacation fucking a girl from X country for the first time. The incel on top of Mt. Everest feels less accomplished than the chad cumming inside the hottest woman he's ever seen.



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Current time: 10-05-2019, 11:23 AM